

Session 1 Overcoming Anxiety, Fear, Shame, and Betrayal (Jn. 14:1)

Grief, anxiety or fear, shame, and betrayal are emotions and mindsets Jesus is addressing in a very direct way.

I. JESUS' COMMAND NOT TO LET TROUBLE DOMINATE OUR HEART

- A. Jesus commanded the disciples to not allow trouble to dominate their heart (Jn. 14:1). There are human dynamics involved as indicated by His command to “let not...” Included in His commands is the promise of His enabling to walk out His commands such as “*Let not our heart be troubled.*” Only those who seek to obey “*that command*” will be empowered to love Him with all their heart.

Let not your heart be troubled; you believe in God, believe also in Me...²⁷Peace I leave with you, My peace I give to you...Let not your heart be troubled, neither let it be afraid. (Jn. 14:1, 27)

It is essential command that is easy to overlook. It is a practical command not to let trouble dominate our emotions and mind. He requires our cooperation in the process by engaging with Him. His part is to release peace as we resist wrong thinking and align our thinking to agree with Him. He says several times, “Let not... Do not let it happen.” There are not many things that He repeats in these five chapters, so pay special attention when He repeats a command twice in one chapter (14:1, 27).

“Let not your heart be troubled.” This is not just a poetic statement to put on a plaque but is a real command. He wants us to align our heart to agree with Him; this is referred to as “believing in God.”

In verse 27, He promises to release His supernatural peace in those who will cooperate by not letting trouble dominate their thinking and emotions. I assume that most people do not obey this commandment in a consistent way. So, I want to stir us up. Trouble or fear assaults our mind and heart and, if it is not resisted, grows until it dominates our mind. Fear must be repelled and resisted. It does not mean always go away quickly. We need the Spirit's supernatural help to overcome it, but we do have to do our part. He will help us if we will exercise our heart to do our part.

Those who are committed to grow in love must consistently seek to obey this commandment. It is at the core of encountering and receiving the love of God. That may be a new idea to some people. If we want to grow in the 1st commandment, we cannot skip this commandment.

- B. John 13-17 tells how to engage our troubled hearts to overcome *grief* from the death of a loved one, *fear* with despair from the crisis in the culture and persecution, *shame* from personal failure, and *bitterness* from betrayal. Jesus gives us line-upon-line insight into God's heart and promises that are an anchor for our hearts. John 13-17 gives insight into the family dynamics in the Godhead—the remarkable thing is that Jesus desires that we relate with Him in ways that He interacts with God.

Bitterness is the emotion that seeks to entrap the person who is betrayed. Betrayal is emphasized several times in John 13-17. Bitterness is a normal response to betrayal. It must be resisted tenaciously in interaction with the Spirit. Jesus gives us a line-upon-line insight on how to engage with God's heart and promises.

The relief that peace brings is not usually permanent. It flows in us as we engage with the Prince of Peace. There is a fight of faith not to let trouble to dominate our mind and emotions and to enjoy a sustained peace. In my life, peace comes and goes. So, I set my heart to stay in the process by engaging with Jesus. The big surprise of John 14 is that God desires us to enter into the family dynamic enjoyed in the Godhead.

- C. Jesus was troubled as He considered being killed the next day and being betrayed by Judas (Lk. 22:44; Jn. 12:27; 13:21). Yet, Jesus was focused on His beloved disciples not being troubled.

We find Jesus a few hours later being in such anguish that He sweat drops of blood (Lk. 22:44). We might be a little surprised by the level of the trouble and the pain that He had over Judas' betrayal because we think of Judas as being in the corner with shifty eyes and horns.

If you were going to be tortured to death tonight, you might not be focused on the pain of those who would miss you. It is remarkable that He could lay aside His focus on Himself to engage with those that He knew would betray Him that very night.

II. JESUS' PROPHECY TWO DAYS EARLIER IS PART OF THE CONTEXT OF JOHN 13-17

To gain a greater understanding of the significance of John 13-17, we have to go back two days when Jesus prophesied about trouble that they would encounter and called them not to be troubled (Mt. 24:6) That was on Tuesday, and now it is Thursday. He continues with the same conversation of "not letting their heart be troubled." The Holy Spirit has stirred my heart this last year to connect the "150 chapters" to John 13-17.

In Matthew 24, Jesus covered, in board strokes, many of the themes set forth in the 150 chapters on the end times. That is, on Tuesday He gave them the broad strokes of the biblical narrative of the 150 chapters. Then, on Thursday, He gave them the best way to understand the 150 chapters—through the lens of John 13-17. We cannot separate those two messages—what He said on Tuesday about the end times in Matthew 24 from what He said on Thursday about how to interact with His heart and promises in John 13-17.

- A. On Tuesday, two days before the last supper (Jn. 13), Jesus prophesied concerning military conflict, racial conflict, pestilences (plural), earthquakes, betrayal, and martyrdom in Matthew 24 (and its parallel passages in Mark 13 and Luke 21). Jesus **called them not to be troubled** (Mt. 24:6). The truths in John 13-17 can equip us to respond to the end-time troubles highlighted in Matthew 24.

²*Jesus said to them, "...**not one stone** [of the temple] shall be left here upon another...*

⁶*You will hear of wars and rumors of wars. **See that you are not troubled...the end is not yet.***

⁷*For **nation** [ethnos] will rise against nation...there will be **famines, pestilences, and earthquakes** ...⁹**They will deliver you up to tribulation and kill you...**¹⁰**Then many will...betray one another...***

¹¹*Then **many false prophets** will rise up and **deceive many.** (Mt. 24:2-11)*

John 13-17 equips us to respond to the end-time trouble in a way that results in our receiving supernatural peace. The shocking things that Jesus said in 24:2 are easily overlooked. It was inconceivable to them that their national capital Jerusalem and its temple would be destroyed. It was one of the great wonders of the ancient world, arguably one of the most magnificent buildings on the planet at that time in history. Jesus prophesied that it would be torn down.

Imagine an angel appearing tonight and prophesying that a foreign army would destroy Washington DC, including the White House and the US Capitol building (which is used by the Congress) along with killing most of the leaders of the government and their families. Matthew 24:2 was devastating to them. Racial conflict may be involved in many of 12,000 ethnic groups in the earth today. Betrayal may be the most painful of all those things.

¹²*...they will **lay their hands on you** [beatings] and **persecute you**, delivering you up to the...*

*prisons...¹⁶You will be **betrayed even by parents and brothers, relatives, and friends...**²⁰When you*

see Jerusalem surrounded by armies... ²³For there will be great distress... upon this people.

²⁴They will fall by the edge of the sword, and be led away captive into all nations. (Lk. 21:12-24)

Luke 21 was spoken in the same message on that Tuesday afternoon. The destruction of Jerusalem and taking of captives occurred in AD 70. Scripture is clear that it will happen at the hands of the Antichrist.

- B. John 14:1 is essential to obey in a consistent way because when our hearts are weighed down with grief, despair, fear, and shame, we are more vulnerable to darkness. His peace guards our hearts.

⁶Be anxious for nothing, but in everything by prayer...with thanksgiving, let your requests be made known to God; ⁷and the peace of God...will guard your hearts and minds... (Phil. 4:6-7)

- C. In Matthew 24, Jesus emphasized the danger of deception more than persecution or tribulation (24:4-5, 11, 24). A troubled heart is a seedbed of the very confusion and deception about which Jesus warns us. We must not lose clarity as to who Jesus is, and what the gospel is all about.

III. SEVEN REASONS WHY THE APOSTLES WERE TROUBLED

These were experienced 2000 years ago, and they will be more challenging to the generation the Lord returns.

- A. Just moments before Jesus exhorted them not to let their hearts be troubled (14:1), He spoke of leaving the disciples by death (13:36), Judas' betrayal (13:11), and Peter denying Him (13:38). Two days prior, He prophesied that troubles would come to them personally and to society (Mt. 24).

- B. *Trouble #1—Death of their beloved leader and friend:* The thought of Jesus dying brought grief to them was very traumatic and confusing to them. Jesus referred to His death 18 times in the Upper Room Discourse (Jn. 13:1, 3, 33, 36; 14:2, 4, 12, 28 [2x]; 16:5, 7 [2x], 10; 16, 28; 17:11 [2x], 13).

³⁶...Jesus answered him [Peter], "Where I am going you cannot follow Me now, but you shall follow Me afterward"...³⁸"Will you [Peter] lay down your life for My sake? Most assuredly, I say to you, the rooster shall not crow till you have denied Me three times. (Jn. 13:36-38)

He told them 3 times directly before He came to Jerusalem that, "They are going to kill Me."

He had told them three times, but they said, "No, you can't mean 'die' by die."

He said, "Yes, I do." So, they were still a little bit bewildered. But He made 18 references to it.

Now we think about the apostles and Jesus—wow! Well, let's get practical in our world. You have a beloved family member or friend who suddenly dies. True, you are going to see them again—they are believers—but not right away. They say, "Whoa! Now that is a little more serious." A beloved family or friend who suddenly dies, whether it is a sickness or today in other parts of the world martyred because of Jesus, and that is going to be more common. I mean, one day they are just killed. The shock of that. The trauma of that. "But," you say, "they are going to see Jesus." Well, we are going to see that beloved one too, a few minutes down the road. A few minutes means a few years, whatever. But this is shocking to them. It is traumatic. Yet this is going to be a trauma that many believers in the earth will face. Well, many face it now with sudden deaths of loved ones who are believers, and they will see them soon, like King David said, "It is just a moment. The breadth of a 70-year lifespan, it is one moment. You will be there in a minute." I tell people that. It will be here in a minute. It could be some decades, but it is just a moment to Him. Jesus spoke of a painful betrayal in their inner circle, Judas. Judas did not just betray Jesus, but he betrayed the whole group. His betrayal had consequences and implications that went beyond Jesus.

Right after He says, verse 36, “I am going where you cannot come.” Again, think of a beloved family member, a beloved leader, think of a beloved friend. They are suddenly killed or are suddenly taken out of your life. You are never going to interact with them on a regular basis again in this life. This happens today in people’s lives, but it is going to intensify.

And then He shifts gears the next verse or two. Peter says, “Well, wherever You are going, I am going.”

Jesus answers, “You cannot go there. I am going to the supernatural realm, to the heavenly realm. I am going to die physically.”

“I will die with you.”

Jesus says, “No, you will not. As a matter of fact, you are going to betray Me tonight three times.” Peter is shocked! The next verse is, “Let not your heart be troubled.” He is talking to Peter. Well, He is talking to the others because He says to them in a few minutes later, “All of you will stumble tonight.”

They look at Him like, “What?” I mean, the trauma of stumbling, of failing in our walk with God, even for a moment, it is a traumatic thing. When you love Jesus, it is a traumatic thing. It is like, “Oh, this cannot be!”

C. Trouble #2—Personal failure: Peter denied Jesus, and the others stumbled (Mt. 26:31; Jn. 13:38).

³⁰...they went out to the Mount of Olives. ³¹Jesus said to them, “All of you will be made to stumble because of Me this night...”³⁴before the rooster crows, [Peter] will deny Me three times.” (Mt. 26:30-34)

The first trouble is the sudden death of a beloved friend or leader. The second trouble is their own personal failure. I just mentioned Jesus said, “Peter, you will deny Me.” And then the next verse is, “Let not your heart be troubled.” That is in context to Peter denying Christ, and a verse or two before that, it is in context to Jesus dying, and a few verses before that, it is in context to Judas betraying the team, being disrupted by betrayal. And again, we have Judas in a category where it does not overly bother us, but think about a dynamic team of people who have built their lives together, yet there are those betraying others in their midst. It is like, “Ouch! Ooh, that is heavy.”

And the Lord is saying, as it were, “This is part of the story that I will actually use to prepare my end-time Church. I am going to let this trouble emerge that is going to create the optimum environment of trouble plus the outpouring of the Spirit so My Church will be transformed, and I will bring in the billion-soul harvest.” The trouble creates part of the context for people to make decisions to obey the Lord in whole new, radical way. The trouble is part of the context. So is the outpouring of the Spirit. They both go together. So, the second trouble is personal failure.

Peter’s denial: Peter was the team leader. The stumbling of all of them that very night created complications and trouble. Jesus told them that very night, right there in Matthew 26, “All of you will stumble.” They have left the upper room, and it is an hour or two later, and they are in the Mount of Olives. He said, as He is about to pray in the garden, “I want you to know, all of you will betray Me, not just Peter.” They are walking the half mile or whatever it was from where they were outside the temple to the Mount of Olives. (Between the disciples, there was a mumbled discussion). Jesus said, “Just so you know, you will all. I love the fact that you care about Peter, but you are going to stumble, too.” Now there is no verse that says they were doing this, but if I was in that context and the Lord said that, I think I would say, “Just stay tight,” or something. I do not know what you would say, but it would not be just, “Oh, well!” I mean, your hearts would be going out to them.

- D. *Trouble #3—Bitterness of betrayal:* Their close-knit team was hurt by Judas' betrayal of Jesus and of them. They would also be betrayed by loved ones (Mt. 24:10; Lk. 21:16; Mk. 13:12; Jn. 13:21).

²¹*...He was troubled in spirit, and testified and said, "...one of you will betray Me." (Jn. 13:21)*

¹⁶*You will be betrayed even by parents and brothers, relatives and friends...* (Lk. 21:16)

¹²*Now brother will betray brother to death, and a father his child; and children will rise up against parents and cause them to be put to death. (Mk. 13:12)*

The third trouble. And again, these are the first three of the seven that are mentioned I am highlighting those that are all right there in John 13, His betrayal. The close-knit team would be traumatized by Judas' betrayal to Jesus but again, it is a betrayal of the whole team and their families. Everybody would lose and be in pain, not just from the consequences of the betrayal, but because they actually loved Judas. They actually really loved him. This is like, "Judas is not with us? How did this happen?"

Jesus mentions in John 13—it surprises us that just a few verses before He says, "Let not your heart be troubled," He says, "I am troubled in My spirit because of Judas. I loved Judas." We find in Matthew 26 when Judas brings the guards into the garden, Judas kisses Jesus and Jesus says, "You are My friend. You are My friend." This was not an exaggeration. This was not, you know, rhetoric or hyperbole. He meant, "You are truly in My heart."

But on Tuesday, two days earlier, Jesus said, "betrayal by friends and family, relatives," and then in Mark 13, He said, "It is more than betrayal. It is going to be betrayal by family members that leads to the death of the one betrayed. They will actually be killed. They will be martyred. They will be put in prison because of the betrayal."

This is so intense. Like how can I think this is going to happen? It is happening right now in the earth in various places. Not widespread across the earth but it is already happening. I mean, the idea of millions of people experiencing this. That just makes my stomach hurt to read this. And the Lord would say, "Ah, I got your attention now. Let not your heart be troubled. Engage with Me in the way that I prescribed."

- E. *Trouble #4—Crisis in the culture:* Pressures disrupted the social order (Mt. 24:4-12; Lk. 21:8-24).

⁶*You will hear of wars and rumors of wars...⁷For nation [ethnos] will rise against nation...there will be famines, pestilences, and earthquakes...¹¹Then many false prophets will...deceive many. (Mt. 24:6-11)*

Now we are going to highlight the four pressures of the troubles that He had already mentioned on that Tuesday in Matthew 24. I have already discussed them all, but I will just say them 1, 2, 3, 4. Great pressures that will disrupt the social order. This is to be taken literally and seriously. These troubles of Matthew 24 right now are escalating in the earth, but they are going to escalate far beyond where they are now. There is no value in putting our head in the ground like the ostrich, that story that the ostrich puts its head in the ground and doesn't notice. I do not even know that it is true, but they say it. It is on the internet so it might be - ahem. But the idea of putting our head in the ground—this is not going away because we do not like it.

We need to get girded and braced, engaging with God, and doing our part, so we are not swept away when this emerges. Because, like I said earlier, these negative emotions like anxiety or shame or fear or the bitterness that comes with betrayal, rend us very vulnerable to darkness. I mean, it is really difficult to stave off the flood of darkness that comes when we yield to those things and let them build. They do not build overnight, or in three weeks or three months, but they do in three years and ten years. They build, and they capture people. Believers

get captured by these things. So, He tells them about the crisis in the culture, the wars, the ethnos, nation against nation, famines, pestilences etc. False narratives will arise, fake news on the right, fake news on the left, fake news preached in the Church, fake news all over the place, inside and outside the Body of Christ. False narratives being promoted and people picking the narrative that makes them feel comfortable right now or self-justified in what they are doing. And, in effect, Jesus was saying that it is very dangerous not to have a deep foundation in this time.

F. Trouble #5—Persecution: Some were killed, beaten, or imprisoned (Mt. 24:9; Lk. 21:12; Jn 16:2).

⁹**Then they will deliver you up to tribulation and kill you...for My name's sake. (Mt. 24:9)**

¹²**...they will lay their hands on you [beatings]...delivering you up to the...prisons... (Lk. 21:12)**

Persecution, beaten, in prison, killed—it is happening now. In Africa, in north Africa particularly. It is happening now in the Middle East. It is happening now in various places in Asia. And other places besides. But it is going to be global before it is all over.

G. Trouble #6—National destruction: Jerusalem and the temple destroyed (Mt. 24:1-2; Lk. 21:20-24).

²**Jesus said to them, "...not one stone [of the temple] shall be left here upon another... (Mt. 24:2)**

²⁰**When you see Jerusalem surrounded by armies...²³**For there will be great distress...upon this people. ²⁴**They will fall by...the sword and be led away captive into all nations. (Lk. 21:20-24)******

Now, this does not register with us so much, that He said that their nation would be destroyed. Their capital was going to be destroyed. Their countrymen were going to be taken away as slaves and imprisoned. These apostles reacted, "Jesus, really?"

It is going to happen in our life. It happened in the life of some of them. It really happened. A million were killed in Jerusalem and multitudes were taken away as slaves to other nations in AD 70. But I believe it is going to happen with ten-fold intensity related to the Antichrist and the final 42 months of this age. And, it will not only happen there. Imagine our capital city burned to the ground. Our countrymen taken captive.

Now in Jerusalem, there was a unique issue there, but it is just the trouble escalating. When I think what if our nation is disrupted in a way we are not imagining? What if? What if? What if? The Lord would say, "Let not your heart be troubled. I have answers for these things."

H. Trouble #7—Delay of God's promises: There was a delay in the release of the fullness of God's prophetic promises to them and the nation of Israel. He was talking about leaving them physically without defeating Rome who was oppressing them or setting the apostles on thrones (Mt. 19:28).

Another trouble that can be easily overlooked is the delay of God's promises. Meaning, there is going to be a great delay. They were thinking...He is the Messiah. He walks on water. He raises the dead. He was on the Mount of Transfiguration, and He was transfigured, His face was bright like the sun, and Moses and Elijah showed up. It is going to happen! The Romans are going to be defeated. The apostles are going to be sitting on thrones ruling all Israel. Jesus told them all that. But in 2000 years some of these things will happen. What? It is not going to happen in your lifetime. They didn't know that. They thought that Rome would be defeated, they would be on thrones, incredible prosperity would come right then. Those things were coming, and Jesus mentioned them, but the delay was far beyond what they thought.

And that delay is offensive. I know the things I have believed over the years. I thought this and this and this would happen by now or by then, and then it is like “Ouch! Ouch! Ouch!” and the Lord says, “Just line up with My heart. Line up with My heart. There are many things you are to understand.”

“Yeah, but I thought that by now...”

The Lord says, “Just line up and trust who I am and what I say.”

IV. JESUS COMMANDED THEM TO BELIEVE HIM— 8 IMPORTANT TRUTHS

Now we are going to look at eight truths. I am going to give them just rapid-fire. These eight truths—I want you to know kind of a little table of contents to look at them as we look at these 50 or 60 sessions on John 13 to 17 over a year and a half and again, maybe longer, who knows? I just want to go with what the Lord wants.

Here are eight truths. These are not the only eight truths, but we must embrace these eight truths. These eight truths are usually not mentioned much. They are not much in the conversation in the Body of Christ, but they are essential because the core command is “Let not your heart be troubled.” The way we let our heart not be troubled is by believing these eight truths. And there are several others. This is not a comprehensive list. He says, verse 1—let’s look at it again—He says the most stunning, indescribably glorious things, but we get used to the verse and it might not move us. But when you pause, you say, “Are you kidding? We are going to live in the Father’s house forever with the God of Israel who lives in the room of glory in Revelation 4? Wow. Is that real or is that Bible poetry?” Again, we can get used to these verses, so they can bounce right off. These are profoundly glorious, and stunning concepts. We need to shake off some of the familiarity and say, “Lord, smite my heart with the beauty and the glory of these radiant, indescribably glorious truths that are my story.” It is not just the Christian story. Beloved, this is your story. But if it is just a Bible verse or a poster and it is not your story, you are not equipped to “let not your heart be troubled.” When those negative emotions come, they will take you like a flood and sweep you right down the river. But we are going to engage in these eight truths, though there are more than these eight. We must embrace these on a consistent, regular basis. No one does it perfectly, but we need to sign back up for these eight things.

- A. The command in John 14:1 to not allow trouble to dominate our heart is obeyed by determining to believe Jesus—by agreeing with His promises, trusting His leadership, and engaging with His heart.

¹“Let not your heart be troubled; you believe in God, believe also in Me.”²In My Father’s house are many mansions...³I will come again [Jesus’ second coming] and receive you to Myself. (Jn. 14:1-3)

The command in John 14:1 is to “Believe in God, believe in the God of Israel, believe in Yahweh, Jehovah, and believe in Me, His Son.”

They are not fully understanding. They are thinking, “You really are equal to Him. We are getting that. We know that You are the Messiah, but You are more than the Messiah.”

“Yes. Everything I have told you in the past three and a half years. and everything you have read in the Old Testament, believe it.” Believe the divine narrative. The command is to believe the divine narrative that is associated with Jesus’ heart, His plans, His promises, His leadership, especially what is made openly observable at His first and second coming. Believe in those things. The things that He said and the things that He did and the things He said He will do at His second coming.

So let us just read this. “Let not your heart be troubled. Believe in God the Father’s narrative for your life and the earth and history. Believe also in what I tell you is about what is coming and who I am and who you are to

Me. My narrative of you. Believe in it. Let me give you an example,” He said, “In My Father’s house—and “in My Father’s house” I want to look at next week. There are so many dimensions of it—“There are many mansions.” In other words, “There is room for everybody. God’s house and God’s heart are big enough for everybody, even the weakest and the most broken and the farthest away from Israel. That house has many, many dwelling places, but it is not just heaven. It is My Father’s house. It is not just God’s city. He is functioning and overtly manifesting Himself as a Father in a home with a family in glory together.”

Indescribably glorious! How is that? He went on, “If I am going to go prepare a place for you,” and the place He is going by the way, is the Cross. That is where He is going to prepare the Father’s house for their entry into the Father’s house. We will look at that more next week. This phrase is so easily passed over, verse 3: “I will come again.” In effect that is, “I am going to come with a human resurrected body and stand in the sky with all the angels. I will raise all the believers in history from the dead. I am going to be in the glory of the Father. Every eye will see Me. I am coming.”

O! This is your story. This is your family. This is your inheritance. Buy in to this, and this trouble will not have the same magnitude and dominance in your heart as if you do not buy into this.

He went on—here is the takeaway—“I am going to receive you to Myself.” I mean, this is remarkable because He tells them they are all going to deny Him that night, but that does not change this: “I am with you to the end. I get it.” It is not just persistent rebellion He is talking about. It is human weakness. “I am going to forgive you, and I am going to treat you with tenderness. I am going to receive you to Me forever.” And this is the message to all of us. It is not that we are going to a glorious city, you know, somehow mysteriously magically being transported to the city of Oz somewhere, some mystical city far away. We are going to be with Him. He said, “I want you with Me.” This is what it is about. Like, ok, really?

Jesus, when He said, “Stop being troubled,” we ask, “How?” “By believing what I am telling you about Me, My promises, and My narrative about who you to Me, what I am like, what is going to happen and how glorious and real it is, and personal it will be to you. Believe this. How do I believe it? Well, you have to fill your mind with it. You have to exercise your mind. With our emotions and our mindset, just in our human weakness and unbelief, it bounces off, then we realign our hearts with God. We say these things back to God. We talk to God and people about this. We search these out. We get them in our language with God, and the understanding grows and grows.

- B. Notice that Jesus doesn’t say to them: “Let not your hearts be troubled because you will escape all the troublesome pressures of life or the difficult days that lie ahead.” He did not say that if we have enough faith that we will escape all the physical, relational, and financial pressures that others face.

Now notice, Jesus does not say, “Let not your heart be troubled because you are going to escape everything troublesome.” A lot of folks have a gospel that says: let not your heart be troubled because you are going to escape all trouble and you are going to have mostly comfort. That is not a true message. That is not what Jesus said. He did not say, “Let not your heart be troubled because if you have strong enough faith, you will somehow skip all the troubles of life. I mean, your body will be full of strength. You will have more money than you know how to spend. I mean, if you got faith then all these other troubles in society and in the culture and persecution will not affect you. If we are going to really zero in, you will just have perpetual strength in your body and more money than you know what to do with, if you just have strong faith.” That is not what He said. That is what some say. I believe God for healing, and I love God’s supernatural provision financially, but that is not what He is saying. That is not the way to our heart not being troubled because we think we are going to have so much, and we are going to escape everything hard. That is a false message. It is not what Jesus said.

- C. What do we do when our heart is troubled? We realign our mind to agree with God's Word.

²...**be transformed** [emotionally] **by the renewing of your mind...** (Rom. 12:2)

Well, what do we do when our heart is troubled? You know, the anxiety and the fear. It is already emerging all over the earth. All of us are looking at these things thinking, "Oh my goodness, oh my goodness, oh my goodness!" and the shame of failure, you know, the betrayal and the feeling of bitterness and the attack and the anxiety in the culture and the trouble and what is the government doing and the Covid and the money and the global financial crisis that many say is looming but maybe it is, maybe it is not. Like, "Oh, my stomach hurts."

The Lord would say, "Ok, do not settle there. Enter in now." How do we do it? Romans 12 tells us how we are transformed. Our emotions are transformed. That is peace and joy. That is strength for godliness. Our emotions are transformed when we renew our mind. We set our mind to agree on what God says. We do not naturally agree with what God says. I mean, we want to, but the minute we relax a bit, "Oh no! The trouble, the problems. I am so mad at him and her. I cannot believe it."

The Lord would say, "Go the other direction. Lock into what I say is true about you, about the nation, about history, about where we are going, about what this thing is about." Get into that conversation. Stay in that narrative with Me.

¹**Behold** [meditate on] **what manner** [quality] **of love the Father has bestowed on us...**²**We shall be like Him, for we shall see Him...**³**And everyone who has this hope in Him purifies himself...**
(1 Jn. 3:1-3)

Years later, John wrote 1 John, the first epistle of John, the same John who wrote John 13 to 17, and I am just sure he was thinking of John 13 to 17 when he wrote, "Behold, what manner of love." Behold means to meditate on, to engage with. It does not mean just to say, "Wow! Thumbs up," and move on. Anchor in this. What manner—put "quality," what quality of love the Father has. Lock into it. Verse 2, we will see Him. We will see Jesus. I mean, we will see Him in person with His physical, resurrected body and we will be with Him forever.

"Everyone who has this hope purifies himself." John could have said, "Everyone who believes these things will overcome a troubled heart." A troubled heart will not dominate. A troubled heart may challenge them, may get them for a few hours at a time. It will purify them. It will give them a vibrant spirit if they stay with this hope. John is actually saying here what Jesus said in John 14:1: "Let not your heart be troubled by believing these things."

- D. Truth #1—Belief in the truth about Jesus—His person, promises, and leadership. This is not a reference to the initial faith we exercise to become born again. The disciples were already saved. Jesus declared that they were already "clean" or forgiven (13:10). So this is not a gospel appeal.

¹**"Let not your heart be troubled; you believe in God [a fact], believe also in Me [a command]."**
(Jn. 14:1)

Look at these eight truths again. Number 1: Believe or trust the truth about the person of Jesus. Why I believe He died for me, but much more than that much, much more. It is about His personality, about His integrity, about the way He feels about us, all these things.

1. Many in Israel including the Pharisees believed in the *God of Moses* without having ever seen Him (Jn. 5:37). They had *faith in an invisible God* (1 Tim. 6:16). Jesus called them to also believe in Him *in this way*—knowing that after He died that He would be invisible to His people. He was calling the disciples to believe in Him when they could no longer see Him with their physical eyes similar to how they had long believed in God the Father.

“... Blessed are those who have not seen and yet have believed.” (Jn. 20:29)

When He says you believe in God (that was already fact), believe also in Me (this is a command), this is not a reference to their initial faith to be born again. He is not talking to people and saying, “if you would just accept the four spiritual laws and invite Me in your heart, you can be saved, even tonight, in your living room right now.” He is not giving a gospel appeal right here.

He has already told this group in chapter 13 verse 10, “You are already clean.” I am not talking about coming into the assurance of forgiveness. That is not what I mean right now. He is calling them to trust His leadership, to trust His story, to trust His promises.

2. The cure for troubled hearts is Jesus. The answer He gives our troubled hearts is *Himself*:
The main focus and essence of heaven is a Person—the very presence of Jesus!

The answer that Jesus gives, “Believe Me,” is Himself. I am the answer. Well, that is so simplistic. It is real. He is the answer. Engage with Him, and He will blow your mind if you will stay with it. The focus of heaven, the main focus of heaven is not the gloriousness of the New Jerusalem, though it is very glorious. It is the Person, the King of the city. The essence of heaven is the presence of Christ and the Father. He says, “Believe Me. I am the answer to your troubled heart. Do not get a whole bunch of folks to figure out all the ways around and above it. Talk with Me. Engage with Me.” Well, we all kind of know that, but this is really, really core. “Believe in Me and My narrative and what I say.”

- E. Truth #2—Jesus promised to return to be with us in the Father's house forever (14:2-3; Mt 24:30). The Father's house speaks of the New Jerusalem (heaven). This promise gave them a whole new perspective for their life. Few approach the topic of overcoming a troubled heart by calling people to focus on the New Jerusalem. The New Jerusalem will descend to the earth (Rev. 3:12), **both** at the beginning (Rev. 21:10) of the Millennium when Jesus returns at the end of it (Rev. 21:2).

²In My Father's house are many mansions...³I will come again [Jesus' second coming] and receive you to Myself; that where I am, there you may be also.” (Jn. 14:2-3)

¹⁶The Lord will descend from heaven...we shall always be with the Lord. (1 Thes. 4:16-17)

¹²“...the New Jerusalem, which comes down out of heaven from My God.” (Rev. 3:12)

Number 2: Jesus promised, “I am going to return for you. I am coming in the sky.” With a physical, resurrected body He will raise all His people from the dead who have believed in Me. We are going to meet together. We are going to live in the New Jerusalem, in the presence of the Father, in indescribable glory. The New Jerusalem is coming down to the earth. Beloved, that is a storyline. Again, we will look at that next week, Lord willing. I think He is.

It is fantastic. This is way beyond any story that any man could conceive of himself. Paul said it, “Eye has not seen. Ear has not heard. It has never entered the heart of a human the things that God has prepared for the people that say “yes” to Him.” The glory He has prepared for us has never entered our heart except for the

introductory ideas of it. Jesus said you lock into that: that I am coming back for you with the Father's house. That will set your mind and emotions on an entirely different conversation.

- F. Truth #3—We can engage in a deep relationship with God in this age. We are called to participate in the family dynamics of the Trinity as Jesus described in John 14:7-27 and applied in John 15. Jesus described how He related to the Father *as a man* (14:7-11), and how His disciples are to relate to Him and the Father in a similar way by the Spirit (14:12-27); then He applied it in John 15:1-12.

²⁰**I am in My Father, and you in Me, and I in you...If anyone loves Me, he will keep My word; and My Father will love him; We will come to him and make Our home with him.** (Jn. 14:20, 23)

⁵**...He who abides in Me, and I in him, bears much fruit.** (Jn. 15:5)

Number 3: I want you to have a deep relationship, with Me even in this age. The way that Jesus related as a man in His humanity—because Jesus is fully God and fully Man—He said that the way that He interacts with His Father as a man filled with the Spirit is the way we are going to interact with the Trinity. This is so big. It is like... well, let's just skip that one. Let's just move on; this is gigantic. I mean, the Father's house coming in the sky. That is gigantic. Believing in Him is gigantic. OK, these are real.

- G. Truth #4—He supernaturally empowers us now by the indwelling Spirit (Jn. 14:16, 26; 16:13-15).

¹⁶**...He will give you another Helper...**¹⁷**He dwells with you and will be in you...**²⁶**The Holy Spirit ...will teach you all things, and bring to your remembrance all things that I said to you.** (Jn. 14:16-17, 26)

The Spirit is going to empower us supernaturally in this age, and, well, forever. This will never, ever go away, by the power of the Holy Spirit. He will supernaturally empower us with wisdom, insight, power, on and on and on. We will not spend so much time on that. But the Holy Spirit is not just something in a meeting that makes us feel a little better as some people get touched. The Holy Spirit lives inside us and beloved, the moment He came to live in you, He will live in you forever and ever and ever, and He has so much He wants to do in us even in this age. Nothing like the fullness of the age to come but much more than what we are walking in right now. Jesus says to get diligent about interfacing with the supernatural Person called the Holy Spirit inside you. Talk to Him. Interact with Him. Learn about Him. He will talk to you.

- H. Truth #5—God's love for God and His people—the ultimate reality and source of beauty. God's love for God is our grand security (15:9). My confession is “God loves me, and I love God therefore, I am successful.” He emphasized His love 7 times—13:1 [2x], 23, 34; 14:21; 15:9, 12).

⁹**As the Father loved Me, I also have loved you; abide [live] in My love.** (Jn. 15:9)

²³**...that the world may know that You...have loved them as You have loved Me.** (Jn. 17:23)

This is the best of all of them: the truth about how God loves God and how that God loves His people the same way. And Jesus could say, “and in the same intensity that the Father loves Me, I love you.” I mean, this is just indescribable. The glory of our life is that God loves God. Because God loves God the Father and God the Son love each other, we have it made forever. The family is secure. Forever. Because God loves God. And He loves us the way the three Persons love each other. This is the ultimate reality. The ultimate source of beauty and strength is the way that God loves God. And we are going to unpack more of this because I think it is the grandest truth that can ever enter the human mind, the way that God loves God and the way They talk and the way They want us to enter into that with Them. How They feel about us like this is indescribably glorious.

- I. Truth #6—Access to supernatural resources through Spirit-led prayer as God supplies our needs.
¹³***And whatever you ask in My name, that I will do, that the Father may be glorified... (Jn. 14:13)***
¹⁹***And my God shall supply all your need according to His riches in glory by Christ... (Phil. 4:19)***

Truth number 6 is access to supernatural resources by Spirit-led prayer. Jesus said that if you pray in the will of God, there will be supernatural resources, whether it is money, wisdom, ideas, motivation, unity. He will give you supernatural resources in this age.

“Well, I do not have this, that, the other thing.”

“Well, did you talk to Me about it? Are you engaging with the Spirit? Are you awestruck with the way God loves God? Do you think about the Father’s house and the New Jerusalem? Do you believe in Me? Are you captured by Me?”

“Well, no, but I am going to. I want to get through this course, and then I will really jump in.” That was supposed to be funny. Ok.

- J. Truth #7—How Jesus responded to the apostles when they stumbled. On the night that Peter and all the others stumbled (Mt. 26:31), He spoke of loving them (15:9), called them friends (15:15), prayed for them, and spoke words of life over them (15:8)—assuring Peter that he would recover and be used by God; then confirming his calling by a miraculous catch of 153 fish (Jn. 21:11, 17).
⁸***...that you bear much fruit...⁹I also have loved you...¹⁵I have called you friends (Jn. 15:8-9, 15)***
³¹***The Lord said, “Simon...Satan has asked for you...³²I have prayed for you, that your faith should not fail; and when you have returned to Me, strengthen your brethren.” (Lk. 22:31-32)***
¹⁷***He [Jesus] said to him [Peter] the third time...“Feed My sheep.” (Jn. 21:17)***

Number 7. Oh, I love this one! How God responds to the apostles when they stumble. How did Jesus respond to His friends the very night that they were going to abandon Him? He knew they would abandon Him that night.

We find out in Luke 22 a couple hours later, that He said, “Peter, Simon, Simon Peter, same person. Satan wants to take you out. And he is the one who is going to stir you up to deny Me.

Peter, “Oh, that is not going to happen.”

“Shhh, I am praying for you. Although I know you will deny Me, I am praying for you. And not only that, Peter, I am going to prophesy to you right now. Knowing you are going to betray Me, I am going to stop for a moment. I am going to be sweating drops of blood in a few hours. I am in a lot of pain Myself. But I am locked in with you. And I am going to prophesy to you. You will return. You will recover. This is not the new you. This is a moment of weakness. This is not the new you. I know who you are. You will return and not only that, you will think you are disqualified, but you will be used by Me to strengthen many of My people. The anointing on your life and calling is going to go on and on and on.”

Peter answered, “Well, number one, I do not believe I am going to stumble.” But when he did stumble, “Oh, Jesus is interceding for me when I did this to Him? And He is prophesying that I am going to recover? And He is assuring me that I am going to operate in the anointing and strengthen other people?”

Then we find out some days later in John 21 after Jesus is raised from the dead, John 21. The apostles were up in Galilee are. There were 7 or 8 of them up there fishing and, I mean, they were having the hardest time. Jesus appeared to them. It was the third time He appeared to them after the resurrection. He walked up to them, and

Peter was out in the boat but cannot catch any fish. Jesus says, “Throw the net on the other side,” just like in the old days when they first met each other, and it says in John 21:11 that Peter caught 153 fish. There is a reason for that number but here is the main point. Peter had given up, then he threw that net and supernaturally caught the fish. Jesus is saying, “I am confirming My calling on you. I have not given up on you, Peter. I am not giving up on you. Shepherd My people.”

“I cannot, I am a failure. I am disqualified.”

“No, that is not how I treat My people. I am praying for you. I am prophesying to you. I am assuring you that My hand is still with you if you will go with Me.” Beloved, that is the Jesus of John 13 to 17.

K. Truth #8—The joy of eternal rewards related to being faithful to Jesus and enduring persecution.

²²**Blessed are you when men hate you...and revile you...for the Son of Man’s sake. ²³Rejoice in that day and leap for joy! For indeed your reward is great in heaven...** (Lk. 6:22-23)

³³**Sell what you have and give alms; provide yourselves...treasure in the heavens ...** (Lk. 12:33)

⁴²**Whoever gives one...a cup of cold water...he shall by no means lose his reward.** (Mt. 10:42)

²¹**...Well done, good and faithful servant; you were faithful over a few things, I will make you ruler over many things. Enter into the joy of your lord.’** (Mt. 25:21)

Then truth number 8: the privilege of eternal rewards related to faithfully enduring persecution. I mean, we think, “Aww, that is kind of neat.” No, this is way beyond neat.

Jesus said in Luke 6, “Blessed are you if they hate you. If they hate you, jump for joy.” The exchange rate is so high. If you are faithful, and you are mistreated, and you stay faithful and walk in love, you cannot fathom where this is going. Jesus said it one time in Mark 10, I think it is Mark 10. He said, “there will be a hundred-fold of what you are thinking. A hundred times greater.”

¹⁸**...the sufferings...are not worthy to be compared with the glory which shall be revealed in us.** (Rom. 8:18)

Paul said, “The sufferings of this age are not worthy to be compared.” Not worthy. Beloved, somebody throws us in prison, kills us. A family member is mistreated. We are betrayed. “All these things,” Jesus is saying, “you cannot imagine how I am going to respond to you because you endured this, because you loved Me. It is only for a moment you endured it, but you will be rejoicing forever. You just cannot imagine My generosity and the way I feel about the way you loved Me in this age in your weakness. I will show you how I feel on that day.”

¹⁷**For our light affliction...is working for us a far more exceeding and eternal weight of glory...** (2 Cor. 4:17)

Paul said it again in 2 Corinthians 4:17, “This light affliction is working an exceeding eternal weight of glory.” The fact that we are faithful under the pressures results in an exceeding and eternal weight of glory. Jesus said, in effect, “If you will take these 8 truths and interact with them”—and there are a few more truths you could put on there, but this will get you started—“you will have the spiritual resource and empowerment not to let your heart be dominated with trouble. And I will give you the supernatural peace; that is My part. But you have to do your part.” You have to line up with these truths when your mind naturally, and my mind as well, when naturally our mind and emotions go the other way and we repel them, but if we say them [these truths], get them in our conversation with God, study them out, hear them over and over. Talk to people about them. Pray about them. They grow in our understanding little by little, and I tell you, it saves our heart.

Amen and amen, let's stand

Father, we thank You in the name of Jesus. Lord, we love You.

Go ahead and stand if you want to. We are just going to minister to the Lord and ask Him to come and touch us.

Lord, our hearts are weak, but Your peace is supernatural.

Hey, let's sing that "I love You" song, if you don't mind. You probably have another one ready, but do what you want to do. (song: Jesus, holy and anointed One)

here we are, Lord.

He says, "Believe in Me. Believe in My story and My narrative and what I say. Let not your heart be troubled, My beloved," He says.

We love You, Jesus. We love Your leadership. We love Your Word. Jesus, we believe You. We set our heart to believe You.